



US 20160206012A1

(19) **United States**

(12) **Patent Application Publication**

Hays et al.

(10) **Pub. No.: US 2016/0206012 A1**

(43) **Pub. Date: Jul. 21, 2016**

(54) **ABDOMINAL-RESTRAINT GARMENT AND METHODS OF ASSEMBLING THE SAME**

(52) **U.S. Cl.**

CPC *A41C 1/08* (2013.01)

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(57)

ABSTRACT

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Disclosed herein are abdominal-restraint garments comprising an outer garment layer and an inner abdominal-restraint layer. The inner abdominal-restraint layer can be attached to the outer garment layer. In some embodiments, a front bottom and/or back bottom of the inner abdominal-restraint layer are attached to an inner side of the outer garment layer. The front top of the inner abdominal-restraint layer can be configured to be even with the front rise of the outer garment layer or extend above the front rise of the outer garment layer. The inner abdominal-restraint layer can be configured to extend across a garment-wearer's abdominal region. In some embodiments, the abdominal-restraint garment is a pair of pants, jeans, a pair of shorts, a skirt, leggings, or tights. Also disclosed herein are methods of assembling the abdominal-restraint garments disclosed herein.

(21) Appl. No.: **15/086,738**

(22) Filed: **Mar. 31, 2016**

Related U.S. Application Data

(63) Continuation of application No. 13/835,175, filed on Mar. 15, 2013, now Pat. No. 9,326,552.

Publication Classification

(51) **Int. Cl.**

A41C 1/08

(2006.01)

An embodiment of an Abdominal-Restraint Garment, front-view

